

Pycnanthemum virginianum

Common Mountain Mint



Also called Virginia mountain mint. Bushy, many-branched herb, with small, white or pale lavender flowers in clusters at the ends of branches. Entire plant is strongly aromatic. A bee and butterfly favorite. Makes great tea and jelly. Adaptable as to site. Usually found in wet meadows or open, moist woods in the wild.

Suggested companions: blue vervain (*Verbena hastata*), culver's root (*Veronicastrum virginicum*), tussock sedge (*Carex stricta*) and other moisture-loving sedges, swamp rose (*Rosa palustris*)

Photo Credit: Wisconsin State Herbarium,
by John M. Schoeneker

Plant Type: Wildflower

Size: 2-3' H
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Water Tolerant: Somewhat

Habitat:

Open field/ Prairie
Wet Meadow
Shrubby Wetland
Forested Wetland

Soil: Average Garden Soil
Rich Moist
Very Damp/Wet
Clay

Exposure: sun

Flower Color:

White
Pink

Plant in:

Groundcover: No

Bloom Time:

July
August
September

Other Attributes:

Fragrant
Deer resistant
Edible leaves
Butterfly attracting